

# 1° KYU – BROWN BELT – MAIN THEME: HITTING & KICKING TECHNIQUES

## -- TEGUMI (drill)

1. **shomen uchi** – R-vertical hit down  
*block to the outside with you L-arm (fingers pointing to Uke's eyes), put your R-arm under the arm bring it to the other side, take control with the L-hand at the elbow + strike back vertically*
2. **mawashi zuki** – R-hook punch  
*block to the outside with you L-arm (fingers pointing to the outside), put your R-arm under the arm bring it to the other side, take control with the L-hand at the elbow + strike back with hook punch*
3. **choku zuki** – R-strait punch  
*block to the inside with you L-hand, control met R-hand at the wrist, switch to control with the L-hand at the elbow + strike back with a strait punch*

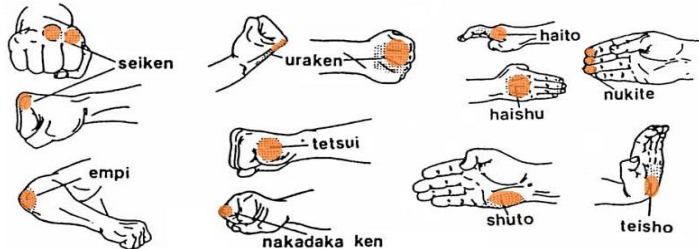
## Ex KANSETSU NO KATA

Starting from the **tegumi drill** (the three different possibilities) at any moment you must be able to switch to the locking kata using whatever lock that is possible at that specific moment. Then there are 3 possibilities:

- finish the complete locking kata
- agree with your partner for a certain amount of locks and then continue the drill
- agree with your partner for a certain amount of locks and finish with a control on the ground.

## -- ATEMI WAZA – HITTING & KICKING TECHNIQUES

Practice form: these techniques are practiced (separately) on pads (small or large)

<b>hiza geri</b> – kick with the knee	<b>ura mawashi geri</b> – backward spinning kick
<b>mae tobi geri</b> – forward jumping kick	<b>mikazuki geri</b> – turning kick with the sole of the foot
<b>yoko tobi geri</b> – sideward jumping kick	
<b>kizame zuki</b> – far hit with the front fist (jab)	
<b>ura zuki</b> – hit upwards (uppercut)	
<b>mawashi zuki</b> – hook punch	
<b>empi uchi</b> – hit or thrust with the elbow	
<b>haito uchi</b> – hit with thumb side of the hand	
<b>teisho uchi</b> – hit with the palm of your hand	

## Ex TAI-SABAKI-NO-KATA

Application with **keri waza** (kicking techniques)

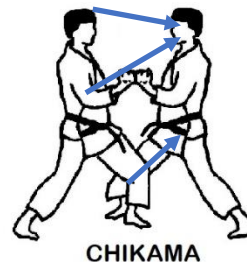
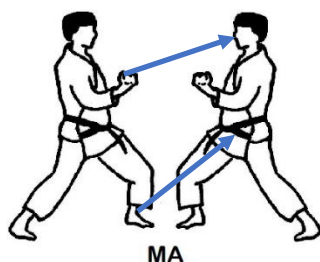
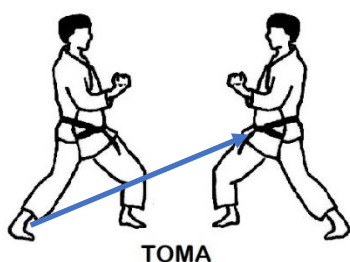
Depending on the tai sabaki (larger or smaller) the kick is different. Each direction is practiced twice.

1 & 2	1 & 2 bis	3 & 4	3 & 4 bis	5 & 6	5 & 6 bis
1. R mae geri	1. L yoko geri kekomi	3. R mawashi geri	3. R hiza geri	5. R ura mawashi geri	5. ushiro geri (R or L)
2. L mae geri	2. R yoko geri kekomi	4. L mawashi geri	4. L hiza geri	6. L ura mawashi geri	6. ushiro geri (R or L)

## -- MA-AI : Learning to deal with the different distances

TOMA (far)	MA (middle)	CHIKAMA (close)
Only the back leg can hit a target	Both legs and both arms <u>outstretched</u> can touch	Hooks, uppercuts, head, elbows and knees can hit the target

Practice: tai sabaki no kata with attack mae geri + evade in the six directions without defense + 1° technique TOMA + following technique(s) MA + final technique(s) CHIKAMA



**ATEMI WAZA – HITTING & KICKING TECHNIQUES**

*Practice form: some hitting and kicking combinations on the pads and/or large pad.  
The English names are used (because they are shorter) when available.*

<b>TOMA (far)</b>	<b>MA (middle)</b>	<b>CHIKAMA (close)</b>
L-front kick	L-jab – R-cross	L-hook or L-uppercut
(R-side step) L-low kick lead leg	R-cross – L-jab	R-knee
(L-side step) R-side kick	R-backfist – L-cross	L-knee – R-elbow

*You can also start at a short distance and gradually increase the distance.  
Partner hits head with R-pad → bent arm block / opposing hand block / bob & weave*

<b>CHIKAMA (close)</b>	<b>MA (middle)</b>	<b>TOMA (far)</b>
(L-arm block) R-elbow – L-elbow	R-cross – L-jab	R-knee
(R-hand block) R-backfist – L-hook	L-push – R-cross	R-front kick
(bob & weave) – L-hook	R-cross	R-side kick

**Ex ATEMI WAZA – HITTING & KICKING COMBINATIONS**

**Application of striking and kicking combinations against DISTANCE ATTACKS**

- oi zuki jodan / chudan	- mawashi zuki (hook punch)	- uraken uchi (backhand)
- mae geri	- yoko geri kekomi	- kizame zuki (jab)
- mawashi geri	- ushiro geri chudan	- hiza geri (knee but)

**Ex RANDORI WITH ATEMI WAZA**

**In randori, use the principles of hodoki waza to achieve a favorable position & DISTANCE.**

Apply punch and kicking combinations to various grappling attacks (front, back, and side) + hook punch.

**KUMITE – “SPARRING”**

**Free fight against one opponent. There are different phases in this.**

- **Ippon kumite:** static execution of basic combinations (see previous degrees)
- **Jiyu ippon kumite:** dynamic performance that blocks one attack at a time; at the beginning the attack is still announced; in advanced execution, the attack is not announced

**Ex - Jiyu kumite:** the complete free fight (randori distance)

<b>Ex HEIAN SHODAN</b>	<b>Ex HEIAN NIDAN</b>